



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09009, Apples, dehydrated (low moisture), sulfured, uncooked

Report Date: July 01, 2017 11:36 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 60g
Proximates					
Water	g	3.00	--	--	1.80
Energy	kcal	346	--	--	208
Energy	kJ	1448	--	--	869
Protein	g	1.32	--	--	0.79
Total lipid (fat)	g	0.58	--	--	0.35
Ash	g	1.57	--	--	0.94
Carbohydrate, by difference	g	93.53	--	--	56.12
Fiber, total dietary	g	12.4	--	--	7.4
Sugars, total	g	81.13	--	--	48.68
Minerals					
Calcium, Ca	mg	19	--	--	11
Iron, Fe	mg	2.00	--	--	1.20
Magnesium, Mg	mg	22	--	--	13
Phosphorus, P	mg	55	--	--	33
Potassium, K	mg	640	--	--	384
Sodium, Na	mg	124	--	--	74
Zinc, Zn	mg	0.29	--	--	0.17
Copper, Cu	mg	0.271	--	--	0.163
Manganese, Mn	mg	0.128	--	--	0.077
Selenium, Se	µg	1.8	--	--	1.1
Vitamins					
Vitamin C, total ascorbic acid	mg	2.2	2	--	1.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 60g
Thiamin	mg	0.046	2	--	0.028
Riboflavin	mg	0.130	2	--	0.078
Niacin	mg	0.680	2	--	0.408
Pantothenic acid	mg	0.432	2	--	0.259
Vitamin B-6	mg	0.280	2	--	0.168
Folate, total	µg	1	2	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	1	2	--	1
Folate, DFE	µg	1	--	--	1
Choline, total	mg	23.1	--	--	13.9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	4	2	--	2
Retinol	µg	0	--	--	0
Carotene, beta	µg	35	--	--	21
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	27	--	--	16
Vitamin A, IU	IU	81	2	--	49
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	25	--	--	15
Vitamin E (alpha-tocopherol)	mg	0.75	--	--	0.45
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	4.3	--	--	2.6
Lipids					
Fatty acids, total saturated	g	0.095	--	--	0.057
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.002	--	--	0.001
14:0	g	0.003	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 60g
16:0	g	0.079	--	--	0.047
18:0	g	0.012	--	--	0.007
Fatty acids, total monounsaturated	g	0.024	--	--	0.014
16:1 undifferentiated	g	0.001	--	--	0.001
18:1 undifferentiated	g	0.022	--	--	0.013
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.171	--	--	0.103
18:2 undifferentiated	g	0.141	--	--	0.085
18:3 undifferentiated	g	0.030	--	--	0.018
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.012	--	--	0.007
Threonine	g	0.047	--	--	0.028
Isoleucine	g	0.052	--	--	0.031
Leucine	g	0.081	--	--	0.049
Lysine	g	0.082	--	--	0.049
Methionine	g	0.013	--	--	0.008
Cystine	g	0.018	--	--	0.011
Phenylalanine	g	0.037	--	--	0.022
Tyrosine	g	0.025	--	--	0.015
Valine	g	0.061	--	--	0.037
Arginine	g	0.042	--	--	0.025
Histidine	g	0.021	--	--	0.013
Alanine	g	0.047	--	--	0.028
Aspartic acid	g	0.230	--	--	0.138
Glutamic acid	g	0.137	--	--	0.082
Glycine	g	0.052	--	--	0.031

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 60g
Proline	g	0.045	--	--	0.027
Serine	g	0.054	--	--	0.032
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0